



A newsletter of faith, hope and love from the Concord Seventh-day Adventist Church

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THE CONCORD VINE NEWSLETTER



Why I Believe In the Bible by Melvin Brannon

If there is any truth in the idea that your mind is more attentive or acute to intimate things when you are young, I must have been a late bloomer. I vaguely remember the curiosity I had early in my life, but I do remember subtle hints of interest toward spiritual things. Why I chose to take two years of Bible study in high school was a mystery at the time. The good sense of that decision was only apparent when I recognized the need to account for what I believed about God.

Almost without my knowledge and obviously, for my benefit, a vital question was being answered. "Is the Bible the Word of God and is It really truth?" Fortification for this most basic of Christian beliefs was forthcoming for me, as that information I would need to satisfy this "itch" I had, and I never expected some of the negative nonsense and foolishness that came from the opposing views of other people. The bonus for me in this experience was realized when I recognized that God rewards those who "diligently seek Him." Before I could accept the Bible as His Word, His truth, I needed to believe in Him! As I have now learned, this type of faith is a Biblical principle.

It truly is amazing how every aspect of your life is enhanced when you submit to certain rules of conduct and stature. I have heard statements about righteous living for as long as my mind could comprehend them, but adherence to any commandment didn't always come as a desire to do what was right. When I began to study the Bible again, it was really for the first time and the way God filled the voids in my intelligence, is testimony to the way He rewards reasonable inquiry. I didn't need special tutoring to recognize that the Bible held all the help I would ever need to deal with whatever challenge or doubt life could produce

Continuous study has revealed that, when we come to Jesus and learn from Him, there is spiritual rest. Searching the Bible to find answers to certain questions wasn't good enough for me until I could have peace with the truth. Hope for something better than this life has built patience and comfort for me, just as Jesus promises.

Why do I believe the Bible? Because, the plan of salvation offered within Its pages, give man the only logical hope for his ravaged world. All the posturing and vain efforts of previous generations have proven the futility of man trying to find peace and security in worldly things. When you live long enough to recognize this and witness the comfort that Bible believing Christians have, the evidence is self-rendering.

The Bible is the Word of God, His truth and righteousness is the rule of conduct for me, and the hope He offers sustains me! If this confidence is what I can live and share with someone else, then the magnitude of His plan will continue to be felt and the validity of His Book will constantly be accepted.



“I will try them” by Elder Dave Hangsted

The historic record of Gideon’s army bears a great lesson for all of us. Of the grand total of 32,000 Israelites, only 300 were found worthy of the high calling to serve God. Today every worker who wants to labor for God will likewise go through a trial period of testing to determine whether he possesses the qualities required to serve our heavenly King.

God said to Gideon, “Bring them down unto the water, and I will try them for thee there...Every one that lapped of the water with his tongue, as a dog lapped, him shalt thou set by himself” (Judges 7:4-5). Three hundred out of 10,000 lapped and took a little water in the hand and sucked it up as they went on. The rest of the people, however, bowed down upon their knees and leisurely drank from the surface of the stream, these were asked to return to the homes.

“By the simplest of means character is often tested. Those who in time of peril were intent upon supplying their own wants were not the men to be trusted in an emergency. The Lord has no place in His work for the indolent and self indulgent. The men of His choice were the few who would not permit their own wants to delay them in the discharge of duty. The three hundred chosen men not only possessed courage and self-control, but they were men of faith. They had not defiled themselves with idolatry. God could direct them, and through them He could work deliverance so much by the great numbers as by the character of those who serve Him.” Patriarchs & Prophets, pp. 549-550.

No doubt one of the most important qualifications that those men had was the quality of genuine faith. As a result of their nobility they were distinguished for their courage and bravery. Another remarkable characteristic they possessed was the attribute of unselfish sacrifice for the Lord. Evidently this quality is a requirement for those who want to serve the Lord faithfully.

As we read the Bible record about those heroes of faith it is impossible for us to overlook the fact that they knew how to manage themselves. The most difficult problem with the majority of us is that we can’t boss ourselves as well as we can boss others.

Let us notice one more quality. “And Gideon came to Jordan, and passed over, he, and three hundred men that were with him, faint, yet pursuing them” (Judges 8:4). Oh, what determination! Faint, yet pursuing them!

My friends, the Lord is still looking for men and women of this quality. Are you such an individual? In choosing the instruments of His work, God selects those whom He can trust and use best to his glory.



*Up Coming
Birthday’s*



July

- Connie Anderson
- Katie Burrell
- Patricia Smith
- Andy Clement
- Wendy Mosher
- Jim Burrell
- Marie Huneycutt
- Doug Mattern
- Bob O’Quinn
- Selena Walton
- Maria Gonzalez

August

- Tara Safrit
- Sheldon Safrit
- Stephanie Samudio
- Kim Mosher
- Zuri Scroggins
- Lance Morrison
- Mark Mosher
- Lindsey Smith
- Tina Gladden

September

- Linda Rector
- Bea Herring
- Cody Jefferson
- Lori Stacks
- Caleb O’Quinn
- Kirk Flowers
- Ashtin Shirah
- Kelly McCathy
- Shirley Mosher
- Cecil Wilkinson
- Bob Williams
- Aurora Gonzalez
- Mark Almond
- Norma Samudio



To Your Health! *with Hans Diehl, DrHS, MPH and Aileen Ludington, MD*

Every third adult in North America has high blood pressure. These are three times more likely to have a heart attack, five times more likely to develop heart failure, and eight times more likely to suffer a stroke than people with normal blood pressure.

Hypertension is defined as a systolic blood pressure reading (the top number) consistently over 140, and/or a diastolic (lower number) reading of 90 or above. The optimal level is about 120/80. Even though high blood pressure has no symptoms (that is why it is called the silent disease), it can cause progressive changes in the blood vessels until the first sign hits, usually a stroke or a heart attack.

Certain kinds of tumors will do it; also disease within the kidney itself. But in 90% of everyday hypertension, no specific organic causes can be determined. For this reason this kind of hypertension is called essential hypertension. High salt intake, obesity, arterial plaque, lack of exercise, smoking, and alcohol, are factors that effect hypertension.

The past few years have produced an avalanche of new drugs that are effective in lowering blood pressure. Some are lifesaving. Most produce prompt results - the quick fix that Americans love. But a closer look at hypertension medications reveals some disquieting facts: the drugs do not cure hypertension; they only control it. In some cases the medications need to be taken for life. While the drugs help protect against strokes, they do not protect against coronary atherosclerosis (the narrowing of coronary arteries). They may actually promote atherosclerosis, diabetes, and gouty arthritis.

What are the alternatives?

- ♥ Reduce salt intake
- ♥ When the weight goes down, blood pressure levels usually fall.
- ♥ A diet very low in fat yet high in fiber lowers blood pressure about 10 percent even without weight loss or salt restriction. Thinning of the blood, which results from eating less fat, probably produces these favorable changes.
- ♥ Eliminate alcohol from the diet.
- ♥ Physical Exercise lowers blood pressure by reducing peripheral arterial resistance.

APPLICATION

A Tremendous Step

Become a Label Reader

By carefully reading labels, you can select products low in sodium. Watch for words like "salt", "sodium", "soda", and avoid products in which these terms are listed as the first five ingredients. Be aware of the FDA's packaging terminology. Under these guidelines, words appearing on package have very specific meanings.

How About You?

Are you surprised? Does it seem like just about everything contains enough salt to pickle your insides? Don't despair. By eating an abundance of fresh and unrefined foods, you automatically cut the sodium (and fat) in your diet, and you'll get plenty of protective potassium.

In the Kitchen...

Getting the Salt Out

Not Salting your food is good way to start protecting yourself from stroke. Unfortunately, only 25% of the salt we eat comes from the shaker. Much of the rest is hidden in processed foods and snacks. Here are a few examples:

Some Processed Foods	Salt (mg)
Apple Pie - 1 slice	500
Canned Chili w/Beans - 1 cup	3,000
Minute Rice - 1 cup	1,000
Wheanics (2oz)	1,850
Frozen Pasta au Gratin 1 cup	2,750
Potato Chips (7oz)	3,500
Tomato Sauce (1/2 cup)	1,950
Canned Tomato Soup	2,200
Corned Beef (3oz)	2,360
Cheese, American (2oz)	2,050
Kentucky Fried Chicken	5,600





Mission Minutes - Stories from Adventist Mission, Global Mission Pioneers

‘Bright Light of God’

I was sickly as a child living in Lesotho, a tiny country in southern Africa. When I began having strange dreams, the village witch doctors told my parents that strong spirit lived in me. Although my family were Christians, they feared that I would die if I did not follow the spirit. So I went to study with a witch doctor. But what I learned from the witch doctor was contrary to everything I had learned about God. I remembered that the Ten Commandments teach us to honor God only. I could not bring myself to kneel and pray to insects and snakes. Nevertheless, I stayed and learned to “prophecy” people’s future.

I married a good man, but still I had no peace. God kept a glimmer of truth alive in my heart. When at night the spirits tried to choke me, I called out to Jesus. I prayed that if it was God’s will, He would free me from the spirits. God answered my prayer, and the spirits left me. But my husband began suffering the same symptoms I had suffered.

My in-laws gave me no peace, so my husband and I left their home and moved to South Africa. There I met some Adventists who shared their knowledge of God and helped us understand what the Bible says about spirits. Things became clearer for us. I began attending the Adventist church and answered God’s call to “come unto Me.”

I read Steps to Christ to my husband and tried to help him understand God’s will. Often during this time Satan tried to overpower me and draw me back into the life we had left. But I would cry out, “Save me, Lord Jesus.” And Jesus saved me. My husband and I were baptized.

We returned to Lesotho and shared what we had learned with our families and neighbors. It is difficult, because no Adventist believers live in our community. People remember that I once prophesied and had a spirit in me. “How can you be a Christian when you were once possessed by a spirit?” they ask. To make matters more difficult, there are no Adventists in our village, and people think we have joined a cult. Please pray for us, for there is much work to do here in this battlefield. There are many held by Satan who must come to Christ.

Matsepo Laura Lebona shares her faith in her homeland of Lesotho.



From the pen of Inspiration

**“Come unto Me, all ye that labor and are heavy-laden, and I will give you rest.”
Matt. 11:28**

“The Elder Brother of our race is by the eternal throne. He looks upon every soul who is turning his face toward Him as the Saviour...

Are you tempted? He will deliver.

Are you weak? He will strengthen.

Are you ignorant? He will enlighten.

Are you wounded? He will heal.

The Lord "tellethe the number of the stars;" and yet "He healeth the broken in heart, and bindeth up their wounds." Psalm 147:4, 3.

"Come unto Me," is His invitation.

Whatever your anxieties and trials, spread out your case before the Lord.

Your spirit will be braced for endurance. The way will be opened for you

to disentangle yourself from embarrassment and difficulty. The weaker

and more helpless you know yourself to be, the stronger will you become in

His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer.

The rest that Christ offers depends upon conditions, but these conditions

are plainly specified. They are those with which all can comply. He tells us

just how His rest is to be found.”

E.G. White, DOA 329



Kids Korner!

Angel In A Storm

This story happened during one of those South Dakota blizzards. For three days great swirling gusts of snow had been sweeping across the countryside. The cold wind howled with increasing intensity. In most places the fence posts were buried in snowdrifts.

Daddy Nelson was ill, the well was frozen, and there was no more drinking water. Melted snow could be used for most purposes, but the Nelsons didn't feel that it was safe for drinking water. Not too much was known in those days about germs, and there were several epidemics going around. The worried family gathered for consultation to determine what could be done. Kaye and her brother Joe were elected to go after water from another well across the road. Kaye donned Daddy's heavy jacket, which reached below her knees. The rest of the family brought old trousers, scarves, and everything warm they could find to wrap her in. Brother Joe was subjected to the same treatment, and they started out with their buckets in the storm.

The cold wind was awful. Before they had gone very far Kaye called to Joe, "Oh, I forgot to leave my glasses at home, and they are frozen over so I can't see! But I guess I can put them in my pocket."

"Be careful, Kaye," yelled Joe above the storm; "be sure you don't put them in a pocket that has holes in it!"

"Oh, don't worry, I won't," Kaye shouted back. On they went, falling often as they stepped into holes and ruts they couldn't see because of the snow. "Kaye, I'm worried about your glasses; check and see if you still have them." Kaye felt in her pocket. They were gone!

The children paused and looked back. The snow was coming down so fast that even their footprints were covered over right behind them and could not be seen. Now the Nelsons were in no position to buy another pair of glasses, and Kaye was desperate. What could she do? She just had to have those glasses!

There was only one hope to brighten the situation. God knew where those much-needed glasses were. He would help her find them. As they stumbled through the blinding storm on their way to the well, Kaye prayed more earnestly than she had prayed in a long time.

After many struggles they got their buckets of water and were on their way back to the farmhouse. There was no use to try to go back the way they had come because there was nothing to guide them. Everything was covered with freshly fallen snow, even where they had fallen into holes.

Somewhere along the way Joe stared in amazement and Kaye shouted for joy! There were her glasses! They were lying right on top of the snow, not covered at all! She picked them up almost reverently.

In her heart she felt certain that an angel had found them and laid them there for her. With the snow falling so fast, how else could it have happened! Kaye and Joe were very thankful they had the glasses, but the experience meant far more than any material blessing. It is a wonderful thing to worship a God who cares, a God who will send an angel from heaven to find a pair of glasses for a little girl in a snowstorm.

And it is a real thrill to wear glasses that have been carried in the hands of an angel!

Kid's in the Kitchen!

Banana-Pineapple Slushy!

Adult Help Needed

2	Bananas
2 cups	Orange Juice
1 cups	pineapple (fresh, frozen or canned)
2 Tlbs	shredded coconut
5-10	ice cubes

1. Peel the bananas and put them into the blender
2. Add the orange juice
3. Put pineapple in blender. If using a fresh pineapple, cut up into pieces before placing in blender.
4. Add coconut to the blender.
5. Add about 5 ice cubes to the blender. Add more if needed. Replace the blender cover.
6. Blend until slushy.

SERVING IDEAS:

- ♥ Pour the slushy into colorful glasses.
- ♥ Serve with a straw or a spoon





Concord Seventh-day Adventist Church



Sabbath School:
Saturday 9.25am - 10.35am

Main Service:
Saturday 10.50am - 12.00noon

Fellowship Meal:
First Sabbath of each Month

Location:
2141 Hwy 49,
Concord NC 28025

Visit Us Online:
www.concordadventist.org



Save these dates for an exciting prophecy seminar called, "Focus on Prophecy" with Evangelist, Richard Halversen. Children's programs also provided each night. You will not want to miss these meetings!

Dates & Time: July 11 - Aug 9, 7.30pm
Location: Concord Seventh-day Adventist Church

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." John 15:5